



Central Service Area

Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

## FIT

### FLEXIBLE INTEGRATED TREATMENT

#### WHAT WE DO:

- Outpatient Mental Health Services for youth under 21 years old
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of

## SERVICE HOURS:

Mon: 8:30 AM – 5:00 PM

Tue: 8:30 AM – 5:00 PM

Wed: 8:30 AM – 5:00 PM

Thu: 8:30 AM – 5:00 PM

Fri: 8:30 AM – 4:30 PM

Services are for Medi-Cal members who meet criteria for Specialty Mental Health Services.

## SITE WALK-IN HOURS

Monday: 1:00 PM-3:00 PM

Tuesday: 9:00 AM-11:00 AM

Thursday\*: 4:00 PM-6:00 PM

\*phone screening only

## SITE ADDRESS AND CONTACT INFO:

9837 Folsom Blvd, Suite F,  
Sacramento, CA 95827

PHONE: 916-450-2600

FAX: 916-856-5708

## WEBSITE LINK:

<https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health>

